



# WINGS SPREAD

## End of their rope



Members of the combined 99th and 560th Flying Training Squadron team compete in the tug-of-war competition at the end of the 12th Flying Training Wing Sports Day Oct. 7. Despite the cool, wet weather, 16 of 18 events took place as planned. Thirteen wing teams competed for bragging rights with the combined 562nd and 563rd Flying Training Squadrons team taking the gold. See page 8 for more photos and results. (Photo by Steve White)

## 19th AF to hold change of command

Maj. Gen. Marc Rogers replaces Maj. Gen. Edward Ellis as 19th Air Force commander during a change of command ceremony here Oct. 21.

Gen. William Looney, commander of Air Education and Training Command, will preside over the 2 p.m. ceremony in front of the base operations building.

General Rogers comes to 19th Air Force from Headquarters Air Force Materiel Command at Wright-Patterson AFB, Ohio, where he served as AFMC Transformation Director. In that capacity, he led the transformation of AFMC's and the Air Force's ability to develop, field and sustain war-winning expeditionary capabilities.

General Rogers is a command pilot with more than 2,300 flying hours, including more than 180 combat hours, in the F-15, F-16 and F-117. He has served as an electronic combat pilot, aggressor pilot, instructor pilot, operations officer, squadron commander, operations group commander and 49th Fighter Wing commander at Holloman AFB, N.M. He has led combat operations in Iraq and Bosnia.

General Ellis has led 19th Air Force since June 2004. He leaves Randolph to retire in his hometown of Montgomery, Ala., and will conclude his career with a



Maj. Gen. Edward Ellis



Maj. Gen. Marc Rogers

retirement ceremony there at Maxwell AFB in November.

He entered the Air Force in July 1971 after receiving his commission through the University of Alabama ROTC program. He has held a number of command, flying and staff positions.

In 1999, General Ellis served as the night director of the Balkans Combined Air Operations Center in Vicenza,

See 19th Air Force on page 5

## Air show to feature Randolph T-6 team

By Armando Perez  
12th Flying Training Wing Public Affairs

Air Education and Training Command's West Coast T-6A Texan II Aerial Demonstration Team makes its annual appearance in the San Antonio area at Randolph's 75th Anniversary Air Show.

T-6A operations began at Randolph in 2000, and the T-6 demonstration team premiered locally for the first time at the 2003 Randolph air show.

The T-6A is one of the most advanced primary

See Air show on page 5

### Memorial planned for today

A memorial service for Master Sgt. John Miller, who passed away Wednesday at Northeast Methodist Hospital, takes place today at 2 p.m. in Chapel 1.

Sergeant Miller, 40, was a member of the Air Education and Training Command Studies and Analysis Squadron at the time of his death.

12th Flying Training Wing Training Status												
Pilot Instructor Training <div>As of Monday</div>			Navigator, EWO Students				Wing Flying Hour Program					
			562nd FTS		563rd FTS		Aircraft	Required	Flown	Annual		
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO	T-1A	464.4	255.2	10,725	
99th FTS	-2.0	-1.1	USAF	249	OPS	26	International	0	T-6A	774.4	359.6	17,196
558th FTS	-2.0	-4.4	Navy	44	Advanced EW	31	EW Course	0	T-37B	275.2	105.8	5,796
559th FTS	-5.8	-3.3	International	3	Integration	0	Intro to EW	0	T-38C	468.6	254.7	9,937
560th FTS	-5.5	-3.0	Total in Training	296		57		0	T-43	192.5	107.0	3,982
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.					The required and flown numbers reflect hours flown between Oct. 1, 2005 to date. The annual numbers are total hours for fiscal year 2006.				



**“PROTECT  
YOUR  
WINGMAN”**

**DUI...**

**It’s a crime  
not a mistake**

**Team Randolph’s  
last DUI was  
July 16, 2005**

## Commander’s Action Line

Call 652-5149 or e-mail  
[randolph.actionline@randolph.af.mil](mailto:randolph.actionline@randolph.af.mil)



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman  
12th Flying Training Wing commander

Agency Contact Numbers	
12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Straight Talk	652-7469
Transportation	652-4314

# Thank you for your efforts

By Gen. William Looney III  
Air Education and Training Command commander

I can not tell you how proud I am of everyone in Air Education and Training Command for your outstanding support of national recovery efforts after Hurricanes Katrina and Rita devastated the Gulf Coast Region. Thank you.

Your hard work and generosity continue to make a significant difference. It is wonderful to know that when a crisis or disaster happens, the "First Command" is ready and willing to lean forward to help wherever needed.

Everyone stepped up to the challenge. More than 500 AETC members deployed to support the stateside humanitarian efforts, with thousands more volunteering their services at their base. Sixty-six people are still deployed to various locations and willing to stay as long as it takes.

Throughout the command men, women and children volunteered to help others in their time of need. Whether it was providing food, water and other supplies, or sending equipment and people to assist with recovery efforts, you did an exceptional job.

My hat goes off to everyone at Keesler AFB, Miss., and detached units who endured the wrath of Hurricane Katrina. Many experienced significant property losses. With damage to Keesler property estimated at \$800 million, you have experienced losses most of us will never know.

Not only did you experience the wrath of the storm, but you went from being "victims" to being volunteers. Hundreds of Keesler residents, including trainees, worked countless hours getting the base back to normalcy and helping

***“In appreciation for your hard work, I have designated Nov. 14 as a command down day. We are truly blessed in AETC to have such highly motivated, talented and dedicated warriors who make it happen every day.”***

the surrounding communities recover.

Keesler has so many wonderful stories – from a baby delivered by Caesarean section, using flashlights for illumination, to a wedding held outside one of the shelters just days after Hurricane Katrina hit. There are countless other stories of the human spirit overcoming tragedy.

Every AETC base participated in helping those in need, and some are still assisting recovery efforts.

Our air lift at Altus AFB, Okla., and Little Rock AFB, Ark., transported almost 1.7 million pounds of humanitarian aid, as well as equipment and people to support recovery efforts. Little Rock was also selected to be the hub for international aid and coordinated the logistics for nearly 4 million pounds of humanitarian aid from countries around the globe.

We set up the Federal Emergency Management Agency at Maxwell AFB, Ala., as the distribution point for supplies and equipment being sent to areas affected by the hurricanes.

Lackland AFB partnered with the city of San Antonio to shelter and care for more than 10,000 people displaced by Hurricanes Katrina and Rita. These efforts included helping off-load passengers airlifted to the base,



Gen. William Looney III



providing medical assistance, and transporting displaced persons to shelters and hospitals around the city. Several other AETC bases housed those displaced by the hurricane. Many of our folks even opened their homes to those in need. Others left their homes and families to go where their skills were needed.

In appreciation for your hard work, I have designated Nov. 14 as a command down day.

We are truly blessed in AETC to have such highly motivated, talented and dedicated warriors who make it happen every day.

I could not be more proud of the people in this great command. Thank you and keep up the great work. (Courtesy of AETC News Service)

## The gift of hope: Helping in times of need

By Chief Master Sgt. Martin Davis  
782nd Training Group superintendent

SHEPPARD AIR FORCE BASE, Texas – As I was growing up in a small, Indiana town, my father, a minister, taught me what he believed were the most important things in life: the strength of family, the rewards that come from hard work, and the blessings that come from helping those who are less fortunate.

When it came to helping others, Dad practiced what he preached. It seemed he was always doing something for someone, never expecting anything in return.


I remember Dad being called out in the middle of the night to comfort a family whose loved one was dying, or help

someone through a terrible personal tragedy. He was always the first to stop and help someone stranded by the side of the road. I've seen him give someone his last \$20 because they needed it worse than he did.

I also remember going with him on holidays to deliver food baskets to folks who literally didn't know where their next meal was coming from. I'll never forget how good it made me feel to bring a little bit of joy to people in such despair. What I considered a small act of kindness turned out to be a miracle for people when all they had was hope.

Watching my dad taught me that good things come to people who do good things. With five kids, a very modest

See Gift on page 3



**Dedicated  
June 20, 1930,  
Randolph celebrates its  
75th Anniversary in 2005**  
Graphic by Michelle DeLeon

**WINGSPREAD**

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Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to [wingspread@randolph.af.mil](mailto:wingspread@randolph.af.mil) or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

# Whatever happened to my Air Force?

By Maj. Eric North  
325th Maintenance Operations Squadron

TYNDALL AIR FORCE BASE, Fla. – First off, let's be honest – you know at one point in your career you've either asked yourself, "Whatever happened to my Air Force?" or have heard it from your supervisor, a senior NCO or an officer.

As you have progressed in your career, you have seen many things in the military that have caused you to question what happened to the Air Force you joined "years ago." Well, let me tell you, it is right here – it hasn't gone anywhere. It just evolved, and believe it or not, you are a huge part of that evolution.

On a daily basis I witness the vast majority of our Airmen working hard at their jobs, displaying the proper customs and courtesies and following the dress and personal appearance guidelines according to regulations.

*"As a young Airman, I missed opportunities to correct some of these behaviors in others and questioned myself as to why I didn't do something about it."*

Then there are the few who stretch things to the limit to test the system. They are seen at off-base gas stations pumping gas with their hat or battle dress uniform shirt off. They let their hair go beyond acceptable limits and don't bother to put a shine on their boots.

They don't press their uniform and go out of their way to avoid saluting an officer. They place their sunglasses on top of their head or tuck them into the front of their shirt collar. They stand or walk with both hands jammed into their pockets.

The funny thing is this is no different from when I first came in the service in 1984. I remember when I was an Airman, stationed right here at Tyndall, working in the 325th Component Repair Squadron engine shop. We had our share of Airmen who fell into this pattern. They thought they were above the rules and wanted to march to their own beat. Well, most of them didn't last too long in the service. One of the reasons is there are too many people out there who cared.

The ones who cared took control of the situation and corrected the problem. They confronted the troops who weren't in compliance. They vowed to change the mindset of these

few, and ensured they conformed to the rules and regulations we have all been accustomed to follow.

As a young Airman, I missed opportunities to correct some of these behaviors in others and questioned myself as to why I didn't do something about it. As I thought about it, I realized that by not doing something about it, I condoned the behavior as acceptable when in fact it wasn't.

You're probably asking yourself, "What does this have to do with me?" Well, I want to invoke a culture change in the Air Force. I don't want you to be asking yourself 10, 15, 20 years from now the question, "What ever happened to MY Air Force?"

So, the next time you see someone not performing up to or complying with standards, take the time to correct the behavior. Do it tactfully and respectfully. It is your job, and we are depending on you.

## Gift

Continued from Page 2

income and struggling just to make ends meet, Dad always found a way to come through for us.

As I grew older, I realized that many times it was the people Dad had helped who returned his kindness just when he needed it most.

We've all had moments in our lives when we've

needed help from someone. In the aftermath of Hurricane Katrina, I'd ask that you take stock of all you have and consider returning an act of kindness someone may have shown you.

There are tens of thousands of people whose lives have been devastated by this terrible tragedy. Some of our own unit members have friends and family who are in crisis, not to mention members of our military family at Keesler Air Force Base, Miss., and the nearby Gulfport Naval Construction Battalion Center.

For some, all they have is hope. They need our help.

The Combined Federal Campaign provides an easy way to donate to local and national organizations that help people in need. Giving just a few dollars each month is a small act of kindness that could provide a miracle for someone just when they need it most.

Sir Winston Churchill said, "We make a living by what we get, we make a life by what we give."

Give someone the gift of hope – contribute to the CFC.

## News

# Advocates provide help to victims

*SAPO volunteers ensure victims of sexual assault don't go it alone*

By Jennifer Valentin  
Wingspread staff writer

If a sexual assault were to happen within the Team Randolph family, victims should know they do not have to handle the situation on their own.

The Randolph Sexual Assault Prevention and Outreach Program offers help and serves as the primary liaison between the victims of sexual assault and available support services.

A critical aspect to the success of the SAPO program is its 13 trained advocates.

When the victim comes to SAPO seeking help, they are assigned a volunteer victim advocate who supports and helps them through the process until they are ready to go through it by themselves.

The victim will be informed of the option of making a restricted or an unrestricted report. Then they are introduced to the volunteer, who will remain their support person until the victim feels

ready to go it on their own.

"The victim advocate may accompany the victim to the hospital if necessary and other appointments they need to go to," said Clara Schueler, Randolph Sexual Assault Response Coordinator. "Having one victim advocate assigned to assist them throughout the process provides the victim with continuity, leading to development of an understanding of their situation, and the other agencies which could be involved to support the victim and investigate the assault. The victim may begin to regain trust in the system through the support of their caring advocate."

Volunteer victim advocates provide support, liaison services and care to a victim. The advocate has many responsibilities, such as crisis intervention, providing information on a variety of topics and ongoing non-clinical support.

"Advocates continue to support the victim until the victim is ready to go it alone," Ms. Schueler said. "Volunteer advocates also perform on call duties, reporting directly to me with any problems that may arise."

Volunteer victim advocates may be active duty or civilian personnel and must have the approval of their commander or supervisor to serve as an advocate. The advocate must complete a background check and attend initial mandatory training which totals 24 hours. Monthly continuing training is also required.

"Advocates must acknowledge and document their understanding that the victim's information will be maintained as confidential," Ms. Schueler said.

At the moment, no new advocates are needed, but applications are kept on file should the need for more advocates arise.

"For a victim, knowing who you can talk to and ask for help during such a critical time is important," Ms. Schueler said. "Our victim advocates are outstanding, and without them, I feel I would be more limited in the care we could provide."

Joan Orosco said she volunteered to become an advocate because she wanted to be able to help people who may need support at a critical time in their life.

"The program will give individuals the opportunity to talk to someone when they feel they need it, not just at the time of the 'outcry'", Ms. Orosco said. "The advocate program will help those who may not have any other support system they can depend on for that particular need and time. My hope is that the individuals can be guided in a positive direction so they can move forward and hopefully not be re-victimized. The program can help the victim become a competent survivor."

The SAPO program launched on base in August. The program began Air Force wide in June.

For more information, call 652-4387.



Diggin' it

Randolph Middle School social studies teacher Diane Hogan helps a group of sixth grade students with their archeological digs. Students divided into four groups and each group was sent to a separate sand-filled box. Beneath the sand, Ms. Hogan had buried artifacts. The boxes contained items representative of the Mayan, Chinese, African and Mesopotamian cultures. (Photo by Jeff Duffield)



AETC implements 'balanced scorecard'

By Megan Orton  
Air Education and Training Command  
Public Affairs

Since his change of command ceremony in June, Gen. William Looney III, commander of Air Education and Training Command, has worked to build and improve the command.

One significant change is the implementation of the balanced scorecard strategic measurement system.

Balanced scorecard is a strategic planning device designed to put strategy into action in a management system.

Strategic planning is reported to be the most widely used management tool within organizations today, according to Bain and Company's 2001 CEO survey published in Fortune magazine, but only one in 10 companies succeed in executing their strategies.

"In my 34 years (in the Air Force), I've lost track of how many different ways we have strategically planned, but there have been a lot of them," said Lt. Gen. Dennis Larsen, AETC vice commander.

After starting and failing many times with previous strategic plans from the civilian world, he said, leaders have found that, ultimately, none of them fit the Air Force model.

Balanced scorecard is different.

Determining the model

The balanced scorecard model's implementation has been targeted by the Department of Defense for all services since December 2002. It was adopted by General Looney's last two commands within Air Force Material Command: Electronic Systems Center and Aeronautical Systems Center.

After seeing how well the program worked at both centers, AFMC decided to implement the system command-wide. Under General Looney's guidance, AETC is following suit.

The starting point for AETC's balanced scorecard was a "strawman" from General Looney, who devised the plan from his experiences at ASC and ESC. Then, facilitators from RTS Partners, a non-profit corporation specializing in solutions like balanced scorecard, interviewed senior leaders across AETC to find out what they consider most important to the command.

Mapping it out

General Looney then kicked off a four-day workshop where AETC's

**"Our big problem in AETC is that we look at it as three stovepipes, but it isn't; recruiting, educating and training are all intermingled. All of them are really a continuum from recruitment until an Airman's last bit of education they get, and we have to figure out how to tie them together better."**

Lt. Gen. Dennis Larsen  
AETC vice commander

senior leaders combined these two models into a dynamic map that will be used to monitor the progress of the command.

The map is designed to work from the bottom up, eventually peaking at the command's mission and vision perspectives.

"Developing and supporting our people" serves as the foundation for what's called the "operational drivers," three fundamental tasks AETC leaders feel are vital to accomplishing the command's mission.

The operational drivers of recruiting, educating and training the force are not designed to be separate goals but functions that are achieved simultaneously.

"Our big problem in AETC is that we look at it as three stovepipes, but it isn't; recruiting, educating and training are all intermingled," General Larsen said. "All of them are really a continuum from recruitment until an Airman's last bit of education that they get, and we have to figure out how to tie them together better."

Good measure

The reason this method has proven useful is because it is measurable, the piece that has always been missing from strategic planning in the Air Force, General Larsen said.

The objective of "balance mission and family," for example, can be measured by how much leave people are taking, the general said. If people are losing a lot of leave at the end of the year, they may not be getting the appropriate amount of time off to spend with their families.

"It is easy to talk about aspirations, but if you know how to measure it, then the purpose of it becomes real,"

said Robert D. Anderson, RTS Partners senior consultant and facilitator for AETC's balanced scorecard tasking.

As all of the goals within the operational drivers are met, the mission is achieved.

"Every couple of months our headquarters will be able to look at every single one of the objectives, and in a relatively short amount of time, we'll have a good feeling of what's going on across our command and whether all of our units out there understand what our strategy is," General Larsen said.

Cascading action

Eventually, a process called "cascading" will disseminate AETC balanced scorecard goals to subordinate organizations. The numbered air forces, and eventually the wings, will configure their own scorecards that will ultimately support the strategy map AETC has created, said Lt. Col. Jerry Perez, AETC strategic oversight branch chief.

Cascading should reach AETC's wings by next spring, General Larsen said.

**"This is a good deal for the Air Force, not only AETC. It's about being able to give the Air Force the right products – the right Airmen, trained properly."**

Lt. Gen. Dennis Larsen  
AETC vice commander

"The vision for this plan is to develop a strategy that everybody in AETC can understand, so everybody in AETC knows what their piece to supporting that strategic plan is," General Larsen said. "This will end up getting filtered down to every Airman in AETC."

He said balanced scorecard will allow everyone down the chain of command to know what General Looney is focusing on, and what the commander thinks is important to AETC. Once it reaches a local level, General Larsen said the job of the individual Airman is to try and fit into that strategic plan.

"This is a good deal for the Air Force, not only AETC," General Larsen said. "It's about being able to give the Air Force the right products – the right Airmen, trained properly."

NEWS BRIEFS

Medical Clinic closed today

The 12th Medical Clinic is closed today until 1 p.m. for an exercise. Appointments will be accepted for the afternoon.

Randolph ISD rating

The Randolph Field Independent School District received a "Superior Achievement" rating for financial accountability for the second consecutive year. This rating is the highest rating under the Texas Schools First rating system.

Keesler assignments update

Airmen in non-critical career fields are still not authorized to proceed to Keesler Air Force Base, Miss., until further assignment guidance is released, according to officials at the Air Force Personnel Center here.

Personnel still affected by the Stop Movement order must not depart their losing base. Those stationed overseas with a date estimated return from overseas of October or later will be diverted or asked to extend their DEROS and remain overseas.

Likewise, stateside members with approved report-no-later-than dates will be diverted or their report dates will be extended.

Airmen with assignment to Keesler in the following critical career fields must contact their respective unit control centers for additional guidance:

Security Forces .....	(228) 377-7230
Services .....	(228) 377-4119
Civil Engineer .....	(228) 377-2019
Transportation .....	(228) 377-2430
Personnel .....	(228) 377-9625
Communications .....	(228) 377-2052
Information Management .....	(228) 377-9625
Supply .....	(228) 377-5702
Airfield Management .....	(228) 377-9625
Weather .....	(228) 377-9625

VIA bus service to end

VIA Bus Route 638 that currently runs from the Randolph Boulevard Park and Ride to the base will be terminated as of Nov. 7.

Public hearings in April did not generate sufficient public support to warrant continued service. The number of people riding the two morning and two afternoon runs have been 10 or less. This is below the minimum productivity standard set by VIA.

Enlisted quarterly assignments

The enlisted quarterly assignment listing for overseas returnees and continental United States mandatory movers for February to April 2006 is available now. Eligible Airmen need to work through their commander's support staff to update their preferences, which must be filed by Oct. 27. Airmen will be notified of their selection no later than Nov. 15.

For details, see the AFPC home page at <https://afas.afpc.randolph.af.mil/amsweb/master.cfm>.

Core value posters available

The 12th Flying Training Wing Public Affairs office has a limited supply of full-size Air Force core value posters.

People can pick up the lithographs at the PA office in the basement of the Taj Mahal while supplies last.



# 19th Air Force

Continued from Page 1

Italy, during Operation Allied Force. In 2001, he was assigned as commander of Combined Task Force Operation Northern Watch at Incirlik Air Base, Turkey, enforcing United Nations' sanctions on the Saddam Hussein regime in northern Iraq.

General Ellis is a command pilot with more than 3,300 flying hours, including 240 combat hours in the F-15C and F-15E in support of Operation Northern Watch.

Headquarters 19th Air Force is responsible for managing all flying training within Air Education and Training Command.

The numbered air force includes more than 31,000 people and operates over 1,800 aircraft of 21 different models flying more than 580,000 hours annually. The headquarters here is responsible for the execution of Air Force initial qualification and follow-on combat crew flying training programs with graduates reporting to war-fighting commands.

The 19th Air Force also conducts annual aircrew standardization and evaluation visits to its units to assess the effectiveness of training programs.

## Check this out



Stan Staples, Air Force Sergeants Association president, presents Col. John Hesterman, 12th Flying Training Wing commander, with a check for more than \$5,300 Wednesday. The donation will be used toward the Air Force Aid Society for relief for recent hurricane victims, as well as toward the families who helped the victims during their time of need. Coordinating the donations were Senior Master Sgt. Randy Rogers and Master Sgt. Mark Cory. (Photo by Jennifer Valentin)

## Air show

Continued from Page 1

trainers ever flown by the Air Force and takes the place of the T-37 fleet. The extra power and range capabilities of the T-6A has dramatically upgraded the quality of primary flight training.

The T-6A team at Randolph consists of two demonstration pilots: Maj. Sean Hook and Capt. Jeff Stift. This will be the last year for Maj. Sean Hook as team chief, as he will retire later this year.

"Performing in front of the home crowd is exciting, and I can't wait to perform for the last time in front them," said Major Hook.



Captain Stift is just as excited about performing before a Randolph air show audience because he lived for a period in Schertz, where he attended Samuel Clemens High School.

During the demonstration, Major Hook will display the aerial performance features of a T-6A Texan II on Nov. 5, and Captain Stift will perform Nov. 6.

The team will also perform a Texan Flight that pays tribute to aviators of the past, present and future. It features two-ship formation fly-bys with the modern T-6A and the legendary T-6 Texan.

During a typical demonstration, the aircraft reaches speeds in excess of 300 miles per hour and altitudes of up to 5,000 feet above the ground. The team's performance reflects the skills of all Air Force pilots and the type of professionalism that is present among all levels of AETC's flight and technical training programs, Major Hook said.

The team's primary mission is to support Air Force recruiting and retention programs and to reinforce public confidence in America's Air Force through appearances at aerial events.

# Retirees honored during appreciation day

By Jennifer Valentin  
Wingspread staff writer

Local retirees can get together Oct. 22 when the Randolph Retiree Activities Office hosts its annual Retiree Appreciation Day.

The free event starts at 9 a.m. in Hangar 4 on the east flightline. Retirees from all military branches and their family members are welcome to attend the event.

"Retiree Appreciation Day is a way for the 12th Flying Training Wing to show its appreciation for retirees' service to Randolph and the military," said retired Col. Jim Scarff, RAO director. "It also provides an opportunity for retiree families to enjoy the different services of base, state and federal agencies, and to interface with a number of service organizations and local vendors."

The opening ceremonies will start at 9:30 a.m.

followed by a variety of medical services that will be available.

The health and wellness center will present information on general health information, optometry specialists will offer vision screenings and the pharmacy will pass out information on drug dispensing guidelines, according to clinic officials.

Life skills will have information available on substance abuse and mental health issues such as stress management, depression and anxiety. Physical therapists will test for balance, flexibility and strength, and the family care clinic will offer blood pressure screenings.

TRICARE will have a booth set up to provide information on marketing and enrollment, as well as information on their service center, which will be open in the clinic at the time of the event.

The dental clinic will offer information on oral health.

The immunizations clinic staff will be on hand to check people's shot record status. People are asked to bring their records with them. No flu shots will be available during the event.

Other information booths include the Texas Veterans Commission, American Cancer Society, Internal Revenue Service, veterinary clinic and commissary.

A shuttle bus will run periodically from Hangar 4 to other base locations where services will be provided, such as the clinic, Pitsenbarger Hall and the dining facility.

Free refreshments including coffee, juice and pastries will be available.

"We encourage everyone to attend this great event," said Colonel Scarff. "Both retirees and their family members will benefit from the day."

For more information, call the Retiree Activities Office at 652-6880.



# Youth center stresses crosswalk safety

By Jennifer Valentin  
Wingspread staff writer

The members of the youth center want to remind drivers and children to be cautious in front of their building.

"Lately, we have had problems with parents parking too close to our marked crosswalk," said Rodney Tramble, youth center director. "This poses a hazard for children when they are trying to cross the street."

Youth center and safety officials are asking that people park 20 feet from the marked crosswalk in front of the center.

"The simple action of parking farther away from the crosswalk can help prevent accidents that have the risk of happening," Mr. Tramble said. "The crosswalk is meant to protect the children, and we want all of our kids to be safe and stay safe."

The crosswalk is located on the southeast side of Main Circle, connecting the youth center and the housing areas. If cars are parked too close to the crosswalk, some of the crosswalk may be blocked,

making it hard for drivers to see children as they step out into the street.

Drivers on base should take the time to be courteous and stop at marked pedestrian crosswalks, as is the law, when pedestrians are trying to cross.

"It is important for children to be safe when crossing streets," Mr. Tramble said. "When crossing the street, children should look left, right and then look left again before stepping off the curb. They should practice this every time."

Children should only walk across the street when they are sure it is safe to do so, and they should keep looking for cars as they walk, said Staff Sgt. Jeff Linville, 12th Flying Training Wing safety office.

Children should always walk across a street using the designated crossing areas painted on the street and should stay within the lines of the crosswalk, Sergeant Linville added. If they are riding a bike or a skateboard, they should walk, not ride, across the crosswalk.

For more information, call the wing safety office at 652-2224 or the youth center at 652-3298.



Rodney Tramble, youth center director, walks across the street with children to make sure they are safe. The vehicle behind him is parked too close to the crosswalk. (Photo by Melissa Peterson)

# Sensitive issue: Painful teeth can be treated

By Jennifer Valentin  
Wingspread staff writer

If the thought of ice cream makes you cringe or if brushing your teeth hurts instead of helps, then you might have a common problem called 'sensitive teeth.'

According to the American Dental Association, sensitive teeth occur when the second layer of the teeth, dentin, is exposed.

The dentin is found beneath the hard enamel layer. It surrounds the nerve cells that transmit signals to the brain when there is a problem with teeth.

When the hard enamel is worn down or the gums have receded, tiny tubes in the dentin are exposed. The exposed dentin potentially makes the teeth hypersensitive and can result in discomfort, especially when a person drinks or eats something cold or hot, when the teeth are exposed to cold air or even when they are touched, according to the ADA.

"Having exposed dentin can cause a brief and sharp pain that may affect



or change your eating, drinking and breathing habits," said Capt. Tansel Acar, a dentist at the 12th Medical Group. "Something as simple as taking a spoonful of ice cream can be a painful experience."

About 20 percent of the patients that are seen in the dental clinic have a problem with sensitive teeth, Captain Acar said. For the majority of people, tooth sensitivity can be reduced.

In order to minimize excessive

wear on teeth, people should avoid using hard bristled toothbrushes and brush their teeth without pressing against teeth excessively, the captain said, because this can wear down the tooth's root surface and expose sensitive spots.

"The way to tell if you are brushing too hard is to look at your toothbrush," Captain Acar said. "If the bristles are pointing in multiple directions, you're brushing too hard."

Using a desensitizing toothpaste, topical fluoride gel or application of a dentin-bonding agent can reduce tooth sensitivity, the captain said. In some cases, a filling material may be needed.

Every situation is different, so people should see their dentist to choose the most appropriate treatment.

Toothpastes with tartar control may have more abrasives than normal toothpaste and may contribute to teeth sensitivity. Other contributors to sensitivity include drinking acidic

items, such as diet soft drinks, according to the ADA. Sipping one can of soda over a long period of time can potentially do more damage than drinking several sodas in a short period.

In other words, the problem is frequency and not quantity, the captain said. The saliva never gets a chance to neutralize from the acidity sodas introduce to the mouth and the enamel can slowly erode away.

"Determining the exact cause of sensitivity is critical," Captain Acar said. "Before trying to treat it yourself, you should visit your dentist to identify the exact cause."

Because pain symptoms can be similar, some people might think that a tooth is sensitive, when instead they actually have a cavity or abscess that is not yet visible.

"If you have sensitive teeth, see your dentist to determine the most conservative method to manage it," Captain Acar said.

For more information, active duty members can call the dental clinic at 652-1846 or visit [www.ada.org](http://www.ada.org).

# Breathing patterns can help relaxation, reduce stress

By Jennifer Valentin  
Wingspread staff writer

With busy family schedules, children in school and every day job worries, sometimes it's hard for people to find time to relax.

However, simple breathing techniques and other methods can be helpful when it comes to unwinding.

Stress can come in many forms, such as traffic jams, moving, changing jobs or having an unsatisfying job, according to the Randolph Life Skills officials. But the daily and major stresses of life can be calmed with the help of simple relaxation techniques.

"Deep breathing is a great way to relax when you are stressed," said Maj. Beatrice Chapa, Life Skills Flight commander. "It can be especially helpful if you tend to keep your body tense."

She suggests the following technique:

- Sit or lie down in a comfortable position
- Place your hands on your stomach
- Inhale slowly and deeply through your nose
- Feel your stomach expand as if it's a balloon
- Hold the breath for a few seconds

- Exhale all the air slowly through your mouth while pursing your lips together
- Repeat the last four steps several times

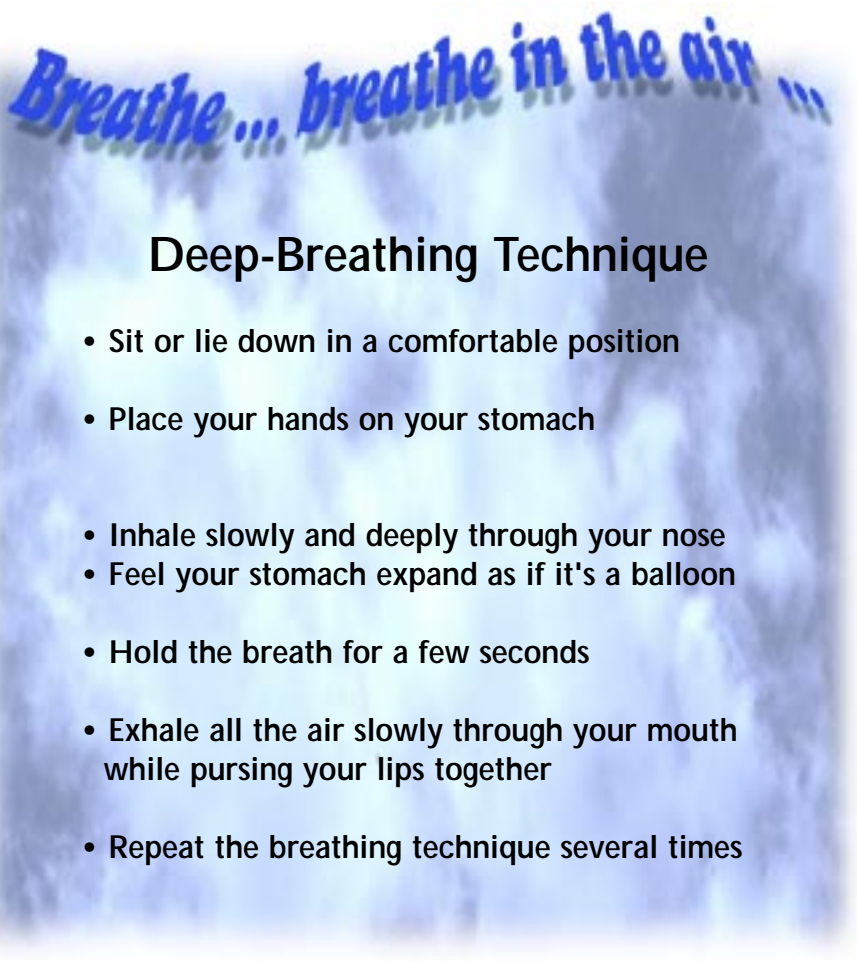
People should imagine they're breathing in the relaxation and blowing out the excess tension. As they exhale, they can say 'relax' and let their muscles loosen.

Breathing from the stomach is called diaphragmatic breathing and it helps people feel more relaxed, according to officials.

Breathing from the chest is often shallow, irregular and is associated with being stressed. With this type of breathing, only the top two-thirds of the lungs are used. When air is inhaled, the chest is expanded and the shoulders rise to take in the air.

However, diaphragmatic breathing is the natural breathing of newborn babies and sleeping adults. As air is inhaled it's drawn deep into the lungs and it's exhaled as the diaphragm contracts and expands. The breathing is even and non-constrictive.

"By increased awareness of your own breathing patterns, you can reduce muscle tension and stress levels," the major said.





# Child care choices found on, off base

By Jennifer Valentin  
Wingspread staff writer

Many of Randolph's members are working couples, who need a stable child care environment they can trust.

With that in mind, Randolph Family Child Care homes give the option of quality care and flexibility to parents working or living on base.

Most family child care homes open as early as 6:30 a.m. and don't close until after 6 p.m. Some homes even offer overnight and weekend care.

"Our flexible options are offered for parents who have nontraditional work schedules," said Essie Howard, FCC coordinator.

Military family members who operate family child care homes are licensed by the mission support group commander. The high quality of child care starts with licensing standards that exceed those of the state of Texas.

"The FCC staff also performs a monthly inspection of the FCC homes, ensuring the providers are focused on the welfare and needs of the children," Ms. Howard said.

Military family members who live in base housing or who have become affiliated off base operate FCC homes.

Providers are trained in health, safety, CPR, first



**Criscinda Rivera, Randolph Family Child Care provider, takes care of children as part of the provider program. (Photo by Jennifer Valentin)**

aid and child development. They may accept up to six children with no more than two children being less than two years old.

"Serving a small number of children and their families provides a benefit," Ms. Howard said. "It offers the children a head start in achieving good personal relationships. The homes are comfortable environments where children can play, eat, sleep and interact with each other."

Learning is a natural part of a child's day at an

FCC home. Small tasks such as writing grocery lists, setting the table and helping prepare meals give the children opportunities to read, write and count.

Air Force Instruction 34-276 prohibits the use of family quarters for child care unless licensed by the MSG commander. People who provide unlicensed care risk losing base housing privileges.

Jennifer Oswalt enrolled her two year-old son in the FCC program.

"I think the one-on-one attention given to the children within a group care situation is beneficial," Ms. Oswalt said. "I like the home atmosphere. We are extremely happy and impressed with the quality of care given by the provider."

There are only two licensed family child care providers currently operating on Randolph. The family child care program is aggressively recruiting to license more on-base providers. The program is also accepting applications to affiliate off-base providers.

The next FCC training classes are scheduled each day from Monday through Oct. 21 from 9 a.m. to noon.

To sign up or to get a list of licensed family child care providers or affiliated off-base providers, call 652-3668.

# Take those extra pounds off ... your back

By Jennifer Valentin  
Wingspread staff writer

With school back in session, backpacks and bookbags are making an appearance again. More homework and fewer lockers may mean heavy textbooks to carry, which may be more than children's growing bodies can handle.

Base physical therapy officials and the American Physical Therapy Association offer tips to help children properly wear backpacks to avoid placing unnecessary strain on their backs.

"Wearing backpacks improperly or wearing ones that are too heavy put children at risk for spinal injury," said Capt. Jon Sams, 12th Medical Group physical therapist. "Back pain is already a common problem among adults. If we can't prevent back problems in children, the issue might become worse as they get older and grow into

adulthood."

When wearing a backpack, children should wear both straps to evenly distribute the weight of the pack, according to the APTA. Use of only one strap can cause one side of the body to bear the weight. When removing the backpack, children should keep their body stable and avoid excessive twisting.

According to the APTA, backpacks should be worn evenly in the middle of the back, and the shoulder straps should be adjusted to allow the child to put it on and take it off without difficulty. The straps shouldn't be too loose, and the backpack should not be below the lower back.

"Children should not carry more than they can handle," Captain Sams said. "The load should be 10-15 percent or less of the student's weight."

Every night, children should remove items from the backpack they don't

need at school with them the next day. The contents of the backpack should be arranged so that the heaviest item is closest to the child's back, which reduces kinetic forces that cause posture mal-alignment and overworked muscles, according to the APTA.

Injury can occur when a student uses faulty postures to try to adapt to the heavy load, such as arching the back, bending forward or leaning to one side, according to the APTA. These faulty postures can cause improper spinal alignment, which hinders the functioning of the disks that provide shock absorption.

A backpack that is too heavy also causes muscles and soft tissue to work harder, leading to strain and fatigue.

When selecting a backpack, parents and children should find one that is safe and comfortable.

The backpack should have a padded back to improve comfort and reduce

pressure on the shoulders, back and underarm regions. The backpack should also have hip and chest belts if needed to help transfer the weight from the back and shoulders to the hip and torso area. Multiple compartments are also a good idea, which helps distribute weight and keep items accessible.

"Children can recognize if they need a new backpack or if they need to remove items from their backpacks with easy warning signs," Captain Sams said.

If they have a change in their posture or experience pain when wearing the backpack, or if they have red marks on their shoulders, they should get rid of some of the weight or buy a better backpack, he said.

"Their bag should also be very easy to take off and put on," the captain said. "If it's not, that could be another warning sign."

# Keeping children safe in kitchen

By Jennifer Valentin  
Wingspread staff writer

When cooking dinner, parents often look to their little helpers to assist them in the kitchen, not only to help out, but so they can learn as well.

However, just as the kitchen can be hazardous to adults, it can be to children as well.

Parents should keep some safety tips in mind to keep the experience accident-free and fun.

"What you wear when cooking is important," said Tabitha Booker, child development center director. "Children should be prepared like their parents are."

Short sleeves should be worn, because long sleeves can get caught in cooking equipment or can even catch on fire. Long hair should be tied back, and non-slip shoes and an apron should be worn in case of spills, Ms. Booker said.

Keeping germs out of your food is also important when cooking, according to the Kids Health Web site. A big part of safe cooking is keeping the chef and the kitchen clean.

According to the Web site, it is a good idea to always wash hands with soap and water before beginning to cook. This is important for recipes that involve touching the food directly, like

kneading dough or mixing ingredients by hand.

"Adults should model good hand-washing techniques before, during and after the process with children," Ms. Booker said. "As you're cooking and working with the recipe, children should be taught about avoiding contamination by wiping surfaces clean and washing items such as cutting boards after use."

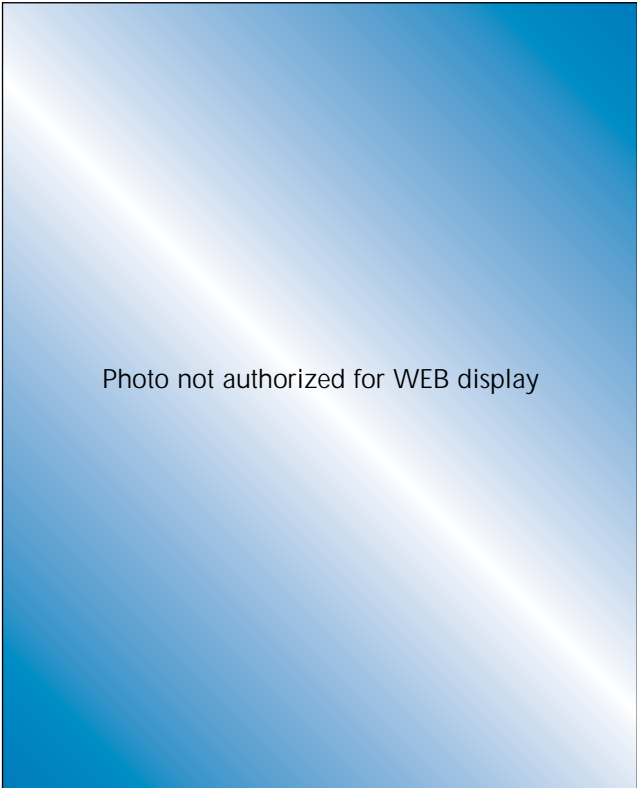
Hands should also be washed before and after handling raw meat, poultry, egg products and fish products because these foods can contain bacteria.

"When working with hot pans and pots, parents should model good safety techniques and avoid burns," Ms. Booker said. "Handles should be turned toward the back of the stove. Pot holders should be used and lids should be placed on hot liquids to avoid splatter."

When using a microwave, be sure to use only microwave-safe cookware, and not use foil or any metal items, according to the Web site.

"Cooking with children should be a fun learning experience for both the children and the parents," Ms. Booker said. "Providing a safe environment for children will lead to many more experiences in the kitchen."

For more information, call 652-4946 or visit [www.kidshealth.org](http://www.kidshealth.org).



**Elisabeth Hatzfeld sets the table for lunch at the child development center. (Photo by Jennifer Valentin)**



# Good Sports

*Despite blustery, wet weather, competitive spirits ran high during the 12th Flying Training Wing's annual Sports Day Oct. 7*



Fabian Benson, 12th Medical Group, takes aim with a target in sight during the dodge ball competition at the sports and fitness center. His team took third place in dodge ball and second overall on sports day. (Photos by Steve White)



Sports day began with the traditional five-kilometer run on the east flightline.



The dizzy bat race was aptly named as Michael Mitchell, 12th Security Forces Squadron, lost his balance before leaving the starting line.

## Sports Day Team Results

Winner	562/563 FTS
Second Place	12 MDG
Third Place	12 CS
Event	Winner
5-km-Men	12 MDG
5-km-Women	12 MSS/5th Grp
Tennis-Women	562/563 FTS
Tennis-Men	rained out
Tennis-Doubles	rained out
Golf	562/563 FTS
Bowling	12 CS
Skeet	558/559 FTS
Softball	12 CED
Volleyball	12 MX
Table Tennis	12 MX
Hotshots	12 CPTS
Horseshoes	12 CS
Commanders' Challenge	558/559 FTS
Push-Ups	562/563 FTS
Sit-Ups	12 MDG
Dodge Ball	12 CED
Tug-of-War	562/563 FTS
Racquetball-Men	12 LGR
Racquetball-Women	562/563 FTS



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or contact the 12FTW Public Affairs Office at 210-652-SHOW





# AETC/CSS takes golf crown



## Intramural Bowling Standings

As of October 3

Team	W	L
CS	35	13
AFSVA	34	14
AMO	34	14
SVS	27	21
AFPC	26	22
DFAS	26	22
SFS	24	24
DPSG/PSNWV	22	26
AETC/LG	22	26
CPTS	22	26
AETC/SC	20	28
AETC/FM	20	28
JPPSO	18	30
OSS	16	32
AFMA	14	34
AFPOA	14	34
MED GP	14	34
AFSAT	10	38
AFPC/DPSG	8	40
340 FTG	8	40

### TEAM SCRATCH SERIES

Team	Score
SVS	2506

### TEAM HANDICAP SERIES

Team	Score
AFSVA	3196

### TEAM SCRATCH GAME

Team	Score
CS	854

### TEAM HANDICAP GAME

Team	Score
MED GP	1102

### SCRATCH SERIES

Men	Score
Kevin West	601
Jack Hayes	558
Andy Anderson Jr.	493
Women	Score
Sheila Lawrence	634

### SCRATCH GAME

Men	Score
Chris Goetz	221
Joe Ennen	184
Danny Kippes	175
Women	Score
Shirley Harmon	180

### HANDICAP SERIES

Men	Score
Bart McKay	740
Tim Waldron	694
Tim Craig	627
Women	Score
Linda Martin	664
Lisa Pellerin	559

### HANDICAP GAME

Men	Score
Mike Tracy	268
Tim Hanson	231
Ty Rimpson	221
Women	Score
Leilani Hagan	218



John Pron of Air Education and Training Command Computer Systems Squadron hits his approach shot toward the green on the second hole at Randolph Oaks Golf Course during the intramural finals Wednesday. (Photo by Steve White)

By Michael Briggs  
12th Flying Training Wing Public Affairs

The third time was the charm for the Air Education and Training Command Computer Systems Squadron golf team.

After losing to the Air Force Personnel Center in the 2003 and 2004 golf finals, AETC/CSS beat AFPC Wednesday 5-1 at Randolph Oaks Golf Course to win the 2005 intramural championship.

Bret Robinson shot a gross 68 and won three holes and John Pron shot a gross 75 and won five holes to lead AETC/CSS.

George Wilson carded a 78 and won three holes and Mike Murray shot a 79 and won two holes for AFPC in the loss.

Four golfers from each unit split into two foursomes in the best ball-format playoffs. The teams then earn points for winning the front nine, back nine and overall 18-hole match.

Robinson and Rich Osburn of AETC/CSS paired up against Wilson and Rod Wagner of APFC in the first foursome, and Pron and Cooper Bozarth of AETC/CSS went up against Murray and Jeff Rehling in the second group.

Robinson and Osburn won their match 2-1 and Pron and Bozarth won their match 3-0 to give AETC/CSS the title.

"It's nice to finally come out and beat them after losing two years in a row," said Pron, co-coach with Jon Gardner of the AETC/CSS team.

The final score didn't indicate how tight the match was played.

"The match was close the whole time," said Pron. "We weren't sure what the other

team was doing. They were too far in front of us to ask."

When the groups finally did see each other on hole 12, the score was tied 1-1. Wilson and Wagner edged Robinson and Osburn one hole to none to give AFPC a point on the front nine, and Pron and Bozarth took the front nine three holes to one over Murray and Rehling to even the match to that point.

Solid play down the stretch pushed the momentum and hole totals in the favor of AETC/CSS.

In the first group, Osburn won the 10th hole and Robinson took holes 12, 16 and 17 to win the back nine four holes to two for a point. The hole total of 4-3 also gave AETC/CSS the point for the overall match and provided their team with a 3-1 advantage with the second foursome still to complete the back nine.

Pron birdied the par-5 12th hole to give AETC/CSS the early edge on the back nine and then the teams halved the next four holes, which meant AFPC didn't have enough holes left, mathematically, to get back in the match.

Murray won the 17th hole and Pron took the 18th hole to give AETC/CSS a 2-1 edge in holes and the point for back-nine scoring. The team took the overall match point for its 5-2 hole advantage.

Despite a busy schedule at work, including deployments and temporary duty assignments, the AETC/CSS team managed to field a team of four each week using 23 players on the roster.

"It was an awesome team effort," Pron said. "Somebody would always step up to ensure we had four players for each match.

# No 'Comfort' for Ro-Hawks in Bobcat win

By Jackie Harry  
Wingspread contributor

The Randolph High School Ro-Hawks couldn't get any momentum on offense or defense versus the Comfort Bobcats Oct. 7 and suffered their second loss of the season, 44-14.

The loss dropped the Ro-Hawks to 4-2 on the season and an 0-1 record in the team's first game of District 27-2A play.

Although the Bobcats got on the board early in the first quarter on a quarterback sneak, the Ro-Hawks showed promise when Jace Merrell ran it in to tie the game with 32 seconds to spare in the quarter.

The second quarter was all Bobcats. Comfort rallied for three touchdowns and a large 28-7 halftime lead.

A touchdown and safety in the third quarter put the game out of reach with Comfort going up 37-7. The safety came on a snap over the head of Ro-Hawks quarterback Elliot Ortiz, who smartly kicked the ball out of the end zone to give the Bobcats two points instead of an opportunity to get the ball deep in Randolph territory.

Following another Bobcats score in the fourth quarter, Zach Collins rushed for a late Ro-Hawks touchdown to make the final 44-14.

The Ro-Hawks continue district play today with a game versus rival Cole High School at Fort Sam Houston.

# Weigh to win!

## HAWC offers nutrition, exercise class

By Jennifer Valentin  
Wingspread staff writer

Focusing on achieving a healthy body weight, the base offers a class to help people struggling with extra pounds.

The Randolph Health and Wellness Center offers a Weigh to Win class monthly with the next class taking place Wednesday from 1-2:30 p.m. at the HAWC in Hangar 71.

"The focus of the class is nutrition and exercise, learning how to balance calorie intake and achieving a healthy body weight," said Kim Houk, exercise physiologist. "We want to help people reach their goal."

People who attend the class are taught how to develop skills for healthy eating behaviors that can become permanent habits and not quick fixes, Ms. Houk said. They are also taught how to form an exercise

program that can also become a permanent habit.

"Good habits such as exercising and eating right can stick with you for the long run," Ms. Houk said.

The class is beneficial because it gives an overview of the best ways to lose weight.

"Most people need the facts in a concise manner, and the class provides them with that," Ms. Houk said. "The class is generally small and provides a lot of time for discussion and addressing individual concerns."

Chief Petty Officer Edna Anderson, 562nd Flying Training Squadron Senior Enlisted Advisor and Superintendent, attended the Weigh to Win class recently after reading about it in the Wingspread.

"I was so impressed with the instructor and all the information she had provided that I decided to share the information with my junior

enlisted personnel and encourage them to attend the class," Chief Anderson said. "All of the enlisted personnel, including myself, from the 562nd FTS decided to attend as a group in late September."

The class provides a lot of excellent information for the young and old on how to develop and maintain a good diet, and perform various exercises in order to lose weight in a safe way to stay fit for life, she added.

"I think the class is outstanding and will get you on the right track of obtaining a healthy lifestyle," Chief Anderson said. "In the class there was an elderly couple who wanted to know how to lose weight. That just proves it's never too late to change your eating habits and get in great shape."

Anyone who has access to the base can attend the class.

To sign up, call 652-2300.

## SPORTS BRIEFS

### Halloween Dash

A Halloween Dash 1.5 walk and run takes place Oct. 22 at 9 a.m. at Eberle Park.

Registration begins at 8:15 a.m. Wearing of costumes is encouraged.

For more information, call the fitness center at 652-5316.

### Homecoming parade

The Randolph High School homecoming parade is Wednesday starting at 6 p.m.

The parade starts behind the Taj Mahal, goes around Washington Circle, past the youth center and returns to the Taj Mahal.

### Life skills workshop

The first of four life skills classes is Wednesday from noon to 1 p.m. at the health and wellness center.

Attendees are taught how to deal with stress and the things that cause stress.

For more information or to sign up, call 652-2300.